

PUTTING PRECONCEPTION HEALTH INTO PRACTICE: PROVIDER'S PERSPECTIVES

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Two Models for Integrating into Practice

Comprehensive Case Management

- Assessment & Screening
- Health Promotion & Counseling
- Interventions

Interconception Care Medical Plan

- Physical exam w/ PAP approx. 5-6 weeks postpartum or earliest available time for patient
- Family Planning consultation
- Dental consultation
- Follow-up consultation w/PCP
- Mental Health consultation
- Regular healthcare visits

Addition to Interconception Care Medical Model

(NEW) Health Education using ABCDE's to Envisioning a Healthy Future focusing on preconception health before & after pregnancy (adapted from County of Los Angeles Department of Public Health)

- ABUSE – Alcohol, Cigarettes, Illicit Drugs, Domestic Violence
- BEHAVIORAL-Mental Illness
- CHRONIC DISEASE-Overweight/Obesity, HT, Diabetes, Epilepsy, Asthma
- DIET, DRUGS & DAD's- Nutrition & Exercise, Pharmaceuticals and male involvement
- ENVIRONMENTAL EXPOSURES- Occupational, Household, food
- STI's (sexually transmitted infections), SHOTS (Immunizations), SCREENING(Genetic)

Preconception Health in Community Health Centers

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      A[Family Planning Education, Counseling & Prevention (3rd trimester)] --> B[Nutrition assessments/food frequency recall Assessment (Per trimester)]
      B --> C[Mental Health assessments (Per trimester)]
    
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Strategies for Culturally Competent Care

Patient-centered and comprehensive quality services in the patients preferred language

Support services provided by culturally competent trained staff

Health Education classes in multiple languages

All literature in preferred language and primary education level (easy to read)

Education is driven by the patients environmental & economic needs